






FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat								
 <p style="text-align: center;">HAPPY VALENTINES DAY!</p>			<p style="text-align: center;">1</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>10:30 Morning Walkers Group—DR 10:30 New Resident Orientation—IC 1:00 Walkers—(Brittan) 1:00 Chair Exercise—3 FTVL 1:30 Literacy Life—CK (Ryan) 2:00 Basic Cooking—CK (Melissa) 2:15 YMCA—IC (Anne) 3:00 Hymn Singing to CDs—MR 3:30 Illness Management & Recovery—IC (Mary K.) C 3:00 Poetry Group—DR (Rob) C 3:45 Interpersonal Skills—CK (Emily) C 3:45 Building Social Skills—IC (Bythe & Christie) 4:00 Zumba—IC (Nancy) 4:15 Clothes Doctor—IC (Melissa) 6:00 Walkers—2 FTV (Anne) 6:00 Walkers—4 FTV (Brittan) C 7:15 Living Your Best Life (DBT)—CK (Bythe) 7:15 Spiritual Care Group—DR</p>	 <p style="text-align: center;">Groundhog Day</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV 10:30 Morning Walkers Group—DR 12:45 Creative Journaling—CK (Michelle) C 1:30 Anger Management—IC (Elizabeth) 1:30 Walkers—DR (Allie) 2:00 Knit Wits!—DR (Dan) 2:45 Resident Employee Chat Room—MR (Suzie) & Sense—DR (Nancy) 3:30 Board & Card Games—CK (Brittan) 3:30 Singing Golden Oldies—MR 3:30 Kickin' Butts—IC (Mary) 3:30 Leisure & You—CK (Amber & Anne) 4:00 Anger Management—IC (Elizabeth) 7:00 Travel Group—4 FTV C 7:00 Wii Games—CK (Anne) 8:00 Successful Independence—CK (Ryan)</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>10:30 Interpersonal Skills Groups Leisure Groups Health Education Groups Vocational Groups Basic Living Skills Groups</p> <p style="text-align: right;">1:30 Chair Exercise 3:00 Zumba Gold—DR (Nancy)</p>								
 <p style="text-align: center;">Super Bowl</p> <p>SEE WEEKEND GROUP CALENDAR FOR: Interpersonal Skills Groups Leisure Groups Health Education Groups Vocational Groups Basic Living Skills Groups</p> <p>1:30 Bingo—3 FTVL</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV 10:30 Morning Walkers Group—DR 1:00 Walkers—(Rob) 1:30 Craft Club—B9 (Anne) 2:15 YMCA—IC (Amber) 2:30 Weight Loss Support Group—IC (Sara) 3:00 Christian Music Listening—MR 4:30 Comedy Movie Group—4 FTV (Brittan) 6:00 Walkers—3 FTV (Rob) 6:00 Walkers—5 FTV (Rob) 6:30 Movie Group—3 FTV 7:15 Acting Class / Expressing Emotions—DR (Amber) 7:45 PM Wind Down—CK (Amber) 8:00 TV Wrestling—4 FTV</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV 10:30 Catholic Communion Service—DR 10:30 Morning Walkers Group—DR 1:00 YMCA—IC (Brittan) 1:15 Basic Computer Skills—5 FTV (Dan) 1:15 Let's Dance!—DR (Amber) 1:30 Freestyle Art—B9 9Ryan) 2:00 Jewelry Making—B9 (Anne) 2:00 Shopping Group—IC (Amber) 2:00 Thinking Better / Feeling Better—IC (Bethany) 3:00 Sing Along—MR 4:00 SCREAM—(Rob) 4:15 Build Your Brain Power—CK (Christie) 6:00 Walkers—3 FTV (Amber) 6:00 Walkers—4 FTV (Brittan) 6:45 Freedom from Addiction—CK (Christie) 7:00 Reading Room—IC 7:45 PM Wind Down—CK (Amber)</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>10:30 Morning Walkers Group—DR 10:30 New Resident Orientation—IC 1:00 Walkers—(Brittan) 1:00 Chair Exercise—3 FTVL 1:30 Literacy Life—CK (Ryan) 2:00 Basic Cooking—CK (Melissa) 2:15 YMCA—IC (Anne) 3:00 Hymn Singing to CDs—MR 3:30 Illness Management & Recovery—IC (Mary K.) C 3:00 Interpersonal Skills—CK (Emily) C 3:45 Building Social Skills—IC (Bythe & Christie) 4:00 Zumba—IC (Nancy) 4:15 Clothes Doctor—IC (Melissa) 6:00 Walkers—2 FTV (Anne) 6:00 Walkers—4 FTV (Brittan) C 7:15 Living Your Best Life (DBT)—CK (Bythe) 9:15 Resident Birthday Party—DR</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV 10:30 Morning Walkers Group—DR 1:00 Hot Chocolate Gift Bags—CK (limited to 15 people) (Nancy) 1:00 Redeem Self-Esteem—IC (Emily) 1:15 Let's Dance—DR (Amber) 2:00 Yoga—3 FTV (Amber) 2:00 Scrap Booking—B9 (Anne) 2:30 Beauty Bash—CK (Melissa) 2:30 YMCA—(Rob) 2:45 Dollars & Sense—DR (Nancy) 3:00 Board & Card Games—CK (Brittan) 3:00 Singing Golden Oldies—MR 3:30 Kickin' Butts—IC (Mary) 3:30 Leisure & You—CK (Amber & Anne) 4:00 Anger Management—IC (Elizabeth) 7:00 Men's Haircuts—IC (Ryan) 7:00 Travel Group—4 FTV C 7:00 Wii Games—CK (Anne)</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV 10:30 Morning Walkers Group—DR 12:45 Creative Journaling—CK (Michelle) C 1:30 Anger Management—IC (Elizabeth) 1:30 Walkers—DR (Allie) 2:00 Knit Wits!—DR (Dan) 3:30 Mental Health / Mental Wellness—IC (Emily) 4:15 Letters from Andrew—CK C 7:00 AA—IC 7:00 Pokeno—3 FTVL 8:00 Friday Night Fights—4 FTV (Ryan)</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>Interpersonal Skills Groups Leisure Groups Health Education Groups Vocational Groups Basic Living Skills Groups</p> <p style="text-align: right;">1:30 Chair Exercise 2:00 Work Support Group - IC (Suzie)</p>								
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3rd	Nancy Feist													
4th	Ryan Conover													
5th	Dan Bauman													